

# Self-Test at Home

How to use the iHealth COVID-19 self-test

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## Step 1: Prepare Your Materials

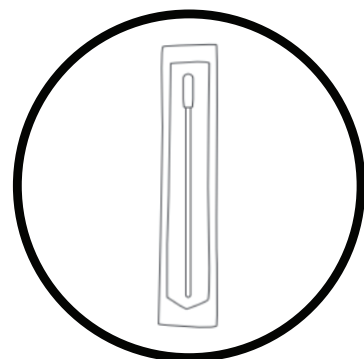
Your test will come with:



- A COVID-19 Test Card



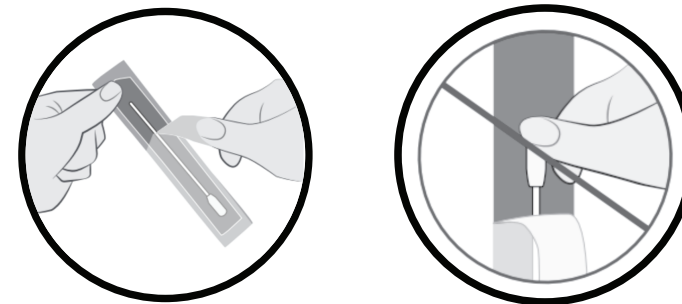
- A Tube filled with the testing liquid



- A Swab

When you are ready to proceed with the test, open the COVID-19 Test Card's foil pouch

## Step 2: Collect Your Sample



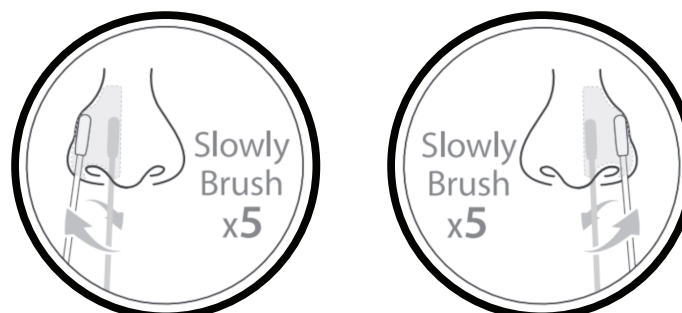
Remove the **Swab** from its package  
**DO NOT TOUCH THE TIP OF THE SWAB WITH YOUR FINGERS**  
Keep the Swab package for later use



Gently insert the entire tip of the **Swab** (usually  $\frac{1}{2}$  to  $\frac{3}{4}$  of an inch) into your nostril

*With children, the furthest you can insert the **Swab** into the nostril may be less than  $\frac{3}{4}$  of an inch, and you may need to have a second person to hold the child's head while swabbing*

Brush the **Swab** against the insides of your nostril in a circle at least 5 times  
Be firm and slow - take at least 15 seconds to collect the sample and be sure to collect any nasal drainage on the **Swab**  
Using the **SAME SWAB**, repeat the process for the other nostril



Right Nostril

Left Nostril

*You may get an incorrect test result if you don't collect enough sample with your Swab*

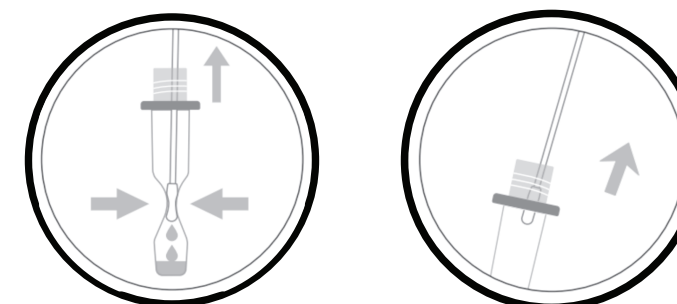
## Step 3: Process your sample



Tap the **Tube** vertically on a table and twist the large orange cap to open



Stir the **Swab tip** in the bottom of the **Tube** at least 15 times



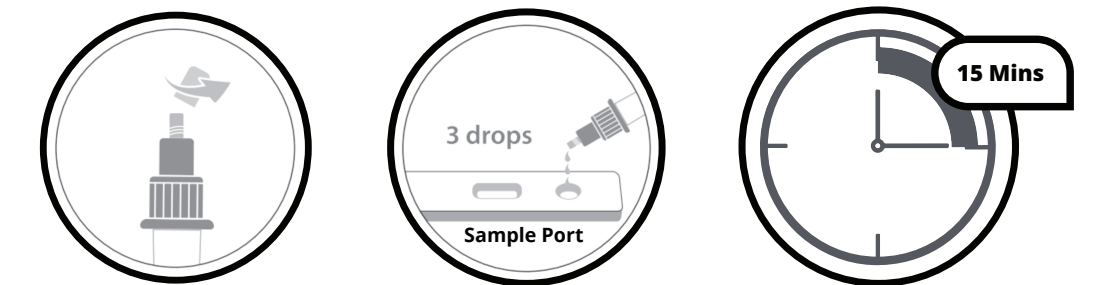
Squeeze the sides of the **Tube** to get as much sample as possible out of the **Swab**  
*There may not be enough sample material to perform a test properly if you don't squeeze the **Swab***



Remove the **Swab** and screw the large orange cap back on to the **Tube**

Put the **Swab** back into the package to dispose of

## Step 4: Add Sample



Your sample is now in the **Tube**

To test your sample, open the small white cap of the **Tube** by twisting it

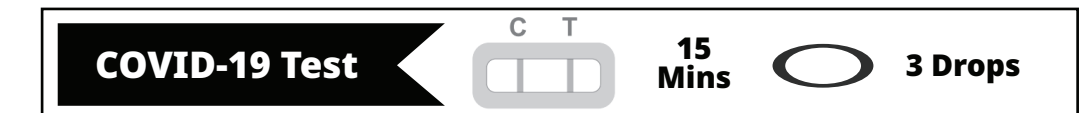
Add 3 drops of sample to the Sample Port of the **COVID-19 Test Card**

Screw back the small white cap

**Wait 15 minutes** for your results to be ready

Start the timer immediately after adding your sample to the Sample Port. The result will be ready in 15 minutes, and will expire after 30 minutes.  
*A false negative or false positive result may occur if the test result is read before 15 minutes or after 30 minutes.*

## Interpreting Results



### Positive Results



Note that the T line might be faint.

A **POSITIVE** result must show **BOTH** a C line and a T line. A positive result means the individual is positive for COVID-19.

*Go to [mass.gov/COVIDselftest](https://mass.gov/COVIDselftest) for what to do. You should contact your healthcare provider about your positive result, especially if you have any health conditions that put you at risk for serious disease from COVID-19.*

### Negative Results



A **NEGATIVE** result will show **ONLY** a C line. A negative result means the individual is presumed negative for COVID-19.

*A negative result does not completely rule out COVID-19. If you have symptoms of COVID-19, especially if you know you have been exposed to someone with COVID-19, get tested at a testing location or repeat the test after 1-2 days and consult your healthcare provider.*

Invalid result: If there is **NO LINE**, or if there is **ONLY** a T line, the test did not work correctly. You will need to retest with a new test kit. If your new result is also invalid, get tested at a testing location or contact your healthcare provider.

Dispose of the test kit: After the test is completed, dispose of the kit components in the trash.

For more information, go to [mass.gov/COVID19selftest](https://mass.gov/COVID19selftest)